



Read this on our website: <http://www.crawfishaquatics.com/swim-team/weekly-newsletter/>

Announcements & Reminders

- **Sign up deadline is TODAY: Mardi Gras Meet at LSU**
<http://www.crawfishaquatics.com/calendar/taq-mardi-gras-meet-1>
 - **Annual Admin Fee on your January 1 invoice.** This \$15 fee is invoiced to each athlete on the roster (adult and youth programs) for 2018. For details on your monthly invoice please log in to your Team Unify account to view past and upcoming invoices.
 - **Novice Spring Season: Evaluations & Registration**
-New Swimmer Evals: Jan 17-18 at 5:15pm
-Register: https://www.teamunify.com/MemRegStart.jsp?team=laca&event_id=862394
 - **Crawfish Swim School Spring 2018:**
<http://mailchi.mp/crawfishaquatics.com/new-classes-schedules-at-the-crawfish-swim-school>
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2018 Lifeguard Certification Course Dates

Crawfish Aquatics will offer one LG Cert course per month beginning in February- spaces are limited so register early! Students must be able to attend all 3 days of the course in full. See dates and more information: <http://www.crawfishaquatics.com/more1/red-cross-certification/>

CCSL Athletes of the Year and All Metro Team

2017 is done and the 2018 High School Season will be upon us soon enough! Now that the whirlwind that is December is behind us we wanted to make sure to once more showcase the top performing CA athletes in the Capital City High School Swim League.

Female Swimmer of the Year: Jolee Liles

- 200 Individual Medley- 2:02.21
-Division 3 State Champion // LHSAA Composite and Division 3 state record
-Fastest time in all divisions by 8 seconds
-All American Consideration time
-CCSL champion
- 500 Freestyle- 4:58.08
-CCSL meet record and champion
-2nd Fastest time in all divisions
- 50 Freestyle- 24.66
-lead off 200 free relay at state in fastest time by all league swimmers
- 100 freestyle- 54.36
-fastest time in league all season from in season dual meet
- City Swimmer of the Meet at CCSL Champs
- Division 3 State Swimmer of Meet

Girls All Metro Team

- Abby Baumgartner, University- Champion in 100 breaststroke and 2nd place in 200 IM at CCSL and champion in 100 breaststroke at Division 3 state setting record.
- Sara Be, Episcopal- 3rd in both 50 freestyle and 100 freestyle at CCSL

- Carley Foster, East Ascension- 100 backstroke 3rd place at CCSL
- Ema Lavigne, Baton Rouge High-2nd 100 breaststroke at CCSL
- Madeline Lemoine-, SJA, 2nd place 100 butterfly at CCSL
- Jolee Liles, Parkview- Champion in both 200 IM and 500 freestyle at CCSL and Division 3 State breaking own D3 and composite records in 200 IM.
- Rylee Moore, Parkview Baptist- Champion in both 100 backstroke and 100 butterfly at CCSL and Division 3 State.
- Anna Otterstetter- 2nd place in 100 freestyle and 3rd in 200 freestyle at CCSL
- Nora Scott- Baton Rouge High- 2nd place in 50 freestyle at CCSL
- Isabel Webre- 3rd place in both 200 IM and 100 butterfly at CCSL

Male Swimmer of the Year: Sion Cavana

- 200 Freestyle 1:39.48
 - Division 1 State Champion
 - CCSL Champion
 - Fastest time in all divisions by 2 seconds
 - All American Consideration time
- 100 Freestyle 46.13
 - Division 1 State Champion
 - CCSL Champion
 - Fastest Times in all divisions
- 50 Freestyle- 21.54
 - Fastest time by league swimmers leading off relay at state

Boys All Metro Team

- David Boylan, East Ascension- 200 IM and 100 Butterfly Champion at CCSL and state champion in 200 IM for Division 1.
- Riley Brown, Lee- 3rd in both 200 IM and 500 freestyle at CCSL
- Sion Cavana, Catholic- 200 and 100 freestyle Division 1 State Champion and CCSL Champion.
- Miles Jantzi, Dunham- Champion in 100 backstroke and 2nd place at CCSL in 50 Freestyle and was state champion in both 50 and 100 freestyle for Division 4.
- Ben Levine, Episcopal- 3rd place in 50 freestyle at CCSL
- Ben Naquin, Episcopal- 2nd place 100 backstroke at CCSL.
- Jered Poland, Walker- 2nd place 100 breaststroke at CCSL
- Camron Wang, Lee High- 3rd place 100 backstroke CCSL

Advocate Write Up:

http://www.theadvocate.com/baton_rouge/sports/high_schools/article_c3fd7484-df4a-11e7-9061-3fa8ae9586d1.html

Practice Schedule this week: January 2

- **Senior Black:**
 - Tuesday: 7:30-9am Strength/ 2-4pm Swim
 - Wednesday- Resume Normal Schedule 3:45-6:15pm Swim + Strength
 - Thursday: 3:45-6:00pm Swim and Core
 - Friday: 5:00-6:30am Swim/ 3:45-5:15pm Strength
 - Saturday: 6:30-9:00am

- **Senior White**
 - Tue:8-10am Swim and Strength
 - Wed-Thur: 4-6pm Swim (Strength on Thur)
 - Friday: 4-5:30pm
 - Sat: 8-10am
 - **Senior Red**
 - Tue- 10-11:30 Swim and Dryland
 - Wed-Thur: 6-7:30pm (Thur Drylands 7-7:30pm)
 - Fri: 4-5:30pm
 - **Junior Black**
 - Tue: 9:00-11:00am
 - Wed: 4:00 drylands / 4:30-6:00pm swim
 - Thur: 4:00-4:15pm core // 4:15-6:00pm swim
 - Fri: 4:15-6:00pm
 - Saturday, 9:00-11:00am
 - **Junior White**
 - Tues: 4:30-6:00pm swim
 - Wed: 5:30 drylands// 6:00-7:15pm swim
 - Thurs: 6:00-7:15pm
 - Friday, 4:45-6:00pm
 - Saturday, 9:15-10:30am
 - **Junior Red**
 - Wed/Thurs: 4:30-5:30pm
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Upcoming Dates

<http://www.crawfishaquatics.com/swim-team/meet-information/>

- **January 8-9-** Regular practice schedule resumes for 8 & U and Age Group Division
 - **January 12-14:** Mardi Gras Meet at LSU (Junior/Senior division)
 - **January 26-28:** Crawfish Winter Invitational
-Sign up: <http://www.crawfishaquatics.com/calendar/crawfish-winter-invitational>
 - **February 12-13:** AM practice for Jr/Sr only and no practice Novice/ 8 & U / Age Group
 - **February 22-25:** Short Course State Meet in Sulphur
-Sign up: <http://www.crawfishaquatics.com/calendar/13-o-short-course-state-meet>
 - **March 9-11:** 12 & U Short Course State Meet at LSU
-Sign up: <http://www.crawfishaquatics.com/calendar/12-under-short-course-state>
 - **March 17:** Swim-A-Thon at all 3 locations
 - **March 24:** 8 & Under Championship at UNO
-Sign up: <http://www.crawfishaquatics.com/calendar/8-under-championship-2>
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Crawfish Aquatics Online Resources

Team Unify: Account Mgmt- <https://www.teamunify.com/Home.jsp?tabid=0&team=laca>

Facebook: www.facebook.com/crawfishaquaticsbatonrouge

Instagram: www.instagram.com/crawfishaquatics.br/

Twitter: <https://twitter.com/crawfishaquatic>

YouTube: <https://www.youtube.com/user/CrawfishAquatics>